

AMENDMENT(S) TO THE SPECIFICATION:

Please delete the paragraph beginning on p. 7, l. 9 of the specification and insert the following therefor:

--On the other hand, the 1082 sample was stiff and relatively difficult to form into tight loops because it requires a relatively high bend energy to form during the bending test. As results show, the high-carbon 1082 samples have relatively low residual angles after bending for both bending tests. In others words, after the 1026 sample was tested it had a relatively small plastic deformation. Expressed as a percentage, the 1082 sample respectively retained about 14 and 13 percent of the applied 180 degree bend for the two bending tests. Since the 1082 sample is relatively stiff and requires a high bend energy, wrapping it about a J-hook or other attachment point would be difficult.--

Please delete the paragraph beginning on p. 10, l. 6 of the specification and insert the following therefor:

--Dry designs of the present invention include one or more water-swellable tapes, yarns, powders, coatings, or components inside tube 17 for blocking water migration. For example, buffer tube 17 can include a dry insert as disclosed in U.S. Pat. App. No. 10/326,022, the disclosure of which is incorporated herein by reference. Fig. 3 depicts cable 30 that includes a dry insert 34 inside a tube 37. Dry insert 34 includes one or more layers, and in preferred embodiments dry insert 34 includes a foam layer and a water-swellable layer. Dry insert 34 surrounds at least one optical waveguide 18 and may be secured by at least one binder. The foam layer of dry-insert 34 is preferably a compressible tape that assists in coupling the at least one optical fiber with tube 37. Additionally, a meltable binder 35 as disclosed in U.S. Pat. App. Ser. No. 10/448,874 filed on May 30, 2003 titled "Fiber Optic Cable Having a Binder," along with other optional means, can assist coupling a portion of dry insert 34 with tube 37. For example, other optional means for coupling can include adhesives,

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glues, elastomers, and/or polymers that are disposed on at least a portion of the surface of dry insert 34 that contacts tube 37. However, the binder may be have a tailored degree of friction with tube 37 so that an optional means of coupling is not necessary. Fig. 4 depicts cable 40 that is a tubeless embodiment according to the present invention. Cable 40 uses a dry insert 44 inside a carrier portion 46 of cable 40.--

Please delete the Abstract paragraph beginning on p. 17 of the specification and insert the following therefor:

--A fiber optic cable includes at least one optical waveguide, at least one strength member, and a jacket. The at least one strength member is a material having an average residual angle in the range of about 30 degrees to about 65 degrees during a bending test using a mandrel having a wire ratio (D/d) of about 200. The strength member is suitable, if necessary, for self-attaching to studs, hooks, or the like by bending it therearound and is ~~and is~~ also suitable for hardware such as P-clamps or other grips. In other embodiments, strength member 14 is annealed to relieve work hardening. Preferred embodiments use a steel strength member with a carbon content between about 0.30 percent to about 0.75 percent. Additionally, a coating may be applied to the strength member for environmental/corrosion protection or conductivity.--